

Women Veterans Annual Retreat at Camp Wesley Woods

Information

This retreat is FREE and open to any female veteran who is enrolled at VA Central Iowa Health Care System. You will need to get to Wesley Woods on your own (unless you are a current inpatient at the VA). If this is not possible, please let us know.

Please bring bedding (sleeping bag, blankets, twin sheets, pillows, whatever you like) and a towel. Beds are all twin beds and set up as bunks. There are several different room with beds. Rooms and bathrooms are handicapped accessible. The lodge is air conditioned and heated.

Please bring appropriate clothes and closed-toe shoes for archery, hiking/walking, etc. Bug spray and/or sun screen may also be wise. If able, bring a flashlight or lantern for evening hikes and activities. It could be hot during the day and cool at night, so plan accordingly.

Feel free to bring your own water and snacks. We will have some on hand as well. There is a refrigerator in the lodge. Meals will be held in a different building, but on same campus. I don't know the menu yet, but food MAY consist of eggs, fruit, yogurt, cereal for breakfast, sandwiches, lasagna, spaghetti, potato bar, salad bar, veggie, bread or chips for lunch and dinner. We will also do s'mores at the campfire.

Activities will be conducted throughout the campus and there is some walking involved. Some areas have sidewalks while other areas it is grass or gravel. You can unload your stuff by the front door of the lodge and then park your vehicle in the lot near the lodge.

Our theme this year is "Gratitude." We will be talking about ways to find more gratitude and to be thankful for what we have. We also plan to have an "open mic night" Tues evening before the bonfire. Feel free to bring instruments, (clean) jokes, poems to read, etc. Step out of your comfort zone and try something new in front of a caring and supportive audience. We will talk about Laughter Therapy

and learn how to write our own joke earlier in the day that can be used for open mic night.

TIMBER LODGE

A year round, adult friendly lodge with nine bedrooms, each with its own bath. Meeting rooms with a gas fireplace and full kitchen on each level. Close to Methaqua dining halls and other amenities of our central campus. Timber Lodge houses 44 and is our most popular building.

The lodge is located on the main campus within easy walking of both dining halls, the chapel, Activity Center, ropes courses, pool, archery, Lake Ahquabi, a basketball court, and sand volleyball court. Timber is heated and air conditioned.



Directions

The address of Camp Wesley Woods is 10896 Nixon St. south of Indianola, IA

From I-35 South, exit on Highway 92 and head east towards Indianola. On east side of town, turn right (south) onto R63 (across from big Catholic Church). Follow for about 10-15 minutes. Turn left onto Nixon St. (this is where gravel starts). Follow Nixon into Camp Wesley Woods. We will be at the Timber Lodge (which will be second lodge on your right—you can bring your car right to the door of the lodge to unload).

From Highway 65/69, head south towards Indianola. Go through town to reach Highway 92. Turn right onto Highway 92. Head west out of town. Turn left (south) onto R63 (across from big Catholic Church). Follow for about 10-15 minutes. Turn left onto Nixon St. (this is where gravel starts). Follow Nixon into Camp Wesley Woods. We will be at the Timber Lodge.

You can also take R63 from Des Moines all the way south to Indianola. Cross over Highway 92, staying on R63 until you get to Nixon. Turn left and follow into camp.

Suzanne's cell phone is 515-710-4497 in case you get lost or are going to be late.